

# SAFE ROUTES TO SCHOOL

## Use Your Head Before Your Feet

### Lesson Plan



Grade Level:	K-2
Subject Areas:	Social Studies, Practical Living/Vocational Studies
Core Content:	SS-(EP,04,05)-1.1, SS-(EP,04)-1.3.2 PL-(EP,04,05)-1.4.01
Overview:	Students will improve their safety skills through learning rules of the road.
Suggested Time:	1-2 class periods
Materials Needed:	Walk and Don't Walk Placards
Vocabulary:	curb, government, intersection, pedestrian, sidewalk, traffic light

#### Activities:

1. Hold a discussion with students about rules of the road such as stop signs, traffic lights, speed limits, etc. Discuss the purpose of traffic laws and the implications of disregarding the rules using the following:

- Pedestrians should stay on the sidewalk and avoid walking in traffic where there are no sidewalks or crosswalks.
- Pedestrians should stay on the crosswalk while crossing the street. Most people are hit by cars when they cross the road at places other than intersections.
- When crossing the street, a pedestrian should look left, right and then left for traffic. Stop at the curb and look left, right, and left again for traffic. Stopping at the curb tells drivers that the pedestrian intends to cross. Cross in marked crosswalks and obey the signal.
- Pedestrians should make themselves seen to drivers. Make eye contact with drivers when crossing busy streets. Wear bright colors or reflective clothing if you are walking at night.

2. Continue the discussion of traffic safety using the following questions.

Where do you go on walks with parents, siblings or friends?

What have you learned about crossing streets from older persons?

Are there sidewalks everywhere?

Is it safe to walk on the curb or near the curb?

Where is it safe to cross the street?

Is it safe to start walking the minute a traffic signal changes?

What should you always do before crossing a street?

Why are driveways and alleys a problem for walkers?



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3. Set up a pretend street crossing using desks or other boundary lines such as ropes to create a street's edges. Teach the students the following rhyme. Have students walk in pairs through the pretend street crossing repeating the rhyme as they go.

## Use Your Head Before Your Feet

**Stop every time at the edge of the street**

hold hand up to signal stop

## Use your head before your feet

point to head and feet as the words are said

## Make sure you hear every sound

cup hands behind ears, turn your head side to side

**Look left and right and all around**

cup hands above eyes and turn head left to right

4. Have students play "The Walk Game." An adult will be a Traffic Safety Officer and will use the WALK and DON'T WALK placards to direct the game. Display the placards alternately as the students walk slowly around the room. To add challenge to the game, move the DON'T WALK sign back and forth to indicate a flashing sign. A flashing DON'T WALK sign means "DON'T START".

Extension:

- Take students to a nearby marked crosswalk with pedestrian signals. Have them work with partners. Practice crossing the street while following pedestrian signals. Your local law enforcement agency may be of assistance with traffic control while doing this activity.

